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12 EXERCISE APPARATUS

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EXERCISE APPARATUS

BACKGROUND OF THE INVENTION

1. Field of the Invention

The present invention relates to the general field of exercise apparatus used by individuals to maintain health and physical fitness.

2. Description of the Prior Art

There are many types of exercise apparatus which are well known in the prior art. However, to the best of the inventor's knowledge, no individual piece of prior art exercise apparatus or combination of features from different prior art exercise apparatuses incorporate the novel features of the present invention.

SUMMARY OF THE INVENTION

The present invention is an exercise apparatus to exercise and strengthen the user's arms, shoulders and chest by performing pushups which combine raising and lowering the user's body through raising and lowering the user's arms while the user is in a face down horizontal position with the present invention exercise device used to simulate an up and down pumping action to cause the user to have his/her arms spread apart to make the pushups more difficult while providing a central chest support to facilitate the exercise.

It has been discovered, according to the present invention, that if an exercise device incorporates a pair of parallel spaced apart rotatable arms with gripping members at their respective distal ends which are held by a respective hand of a user, and which exercise apparatus arms further support at their respective proximal ends a pair of support members which support a central seat or cushion, then the user can simulate a difficult pushup by resting his/her chest against the central seat and raising and lowering his/her body while grasping each grip with a respective hand. As the user pushes down on the grip of each arm, each arm rotates about a pivot point so that the distal end of each arm is rotated downwardly. Concurrently, the proximal end of each arm is caused to rotate upwardly, thereby causing the seat to push against the user's chest to further elevate the user's body. As a user pulls up on the grips, the distal end of each exercise apparatus arm rotates upwardly while the proximal end of each exercise apparatus arm rotates downwardly, causing the seat to be lowered to facilitate the user lowering his/her body but preventing the user's chest from hitting the floor. The device simulates a pump by which the user raises and lowers his/her body by raising and lowering the user's arms while the arms are spread apart to increase the difficulty of the exercise.

It has been further discovered that if the exercise apparatus arms are each pivoted on a U-shaped bracket which is supported on a base, then the entire exercise device is structurally stable to facilitate a safe and easy to use exercise device.

1 It is therefore an object of the present invention to provide an exercise device to facilitate
2 performing pushups with the arms extending to each respective side of the user to increase the
3 difficulty of the exercise.

4
5 It is also an object of the present invention to provide an exercise device which fully
6 supports a user's chest during the pushup exercise.

7
8 It is additionally an object of the present invention to provide an exercise device which
9 provides a stable base to enable the user to safely perform a difficult pushup exercise while
10 supporting the user's hands through grip members on the exercise apparatus arms and supporting
11 the user's chest through a support seat on the exercise apparatus.

12
13 Further novel features and other objects of the present invention will become apparent
14 from the following detailed description, discussion and the appended claims, taken in
15 conjunction with the drawings.

BRIEF DESCRIPTION OF THE DRAWINGS

Referring particularly to the drawings for the purpose of illustration only and not limitation, there is illustrated:

FIG. 1 is a perspective view of the present invention exercise apparatus in the assembled condition;

FIG. 2 is an exploded view of the present invention exercise apparatus showing all of the component parts of the present invention exercise apparatus;

FIG. 3 is a perspective view of a user performing a downward motion on the exercise device wherein each of the user's hands pushes downwardly on a respective grip of an exercise apparatus arm and the arms rotatably cause the seat portion to push upwardly against the user's chest; and

FIG. 4 is a perspective view of the exercise apparatus wherein the user now pulls upwardly on each respective grip member of each exercise apparatus arm and the user's chest is lowered but is supported by the central seat member of the exercise apparatus to prevent the user's chest from hitting the floor.

DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENTS

Although specific embodiments of the present invention will now be described with reference to the drawings, it should be understood that such embodiments are by way of example only and merely illustrative of but a small number of the many possible specific embodiments which can represent applications of the principles of the present invention. Various changes and modifications obvious to one skilled in the art to which the present invention pertains are deemed to be within the spirit, scope and contemplation of the present invention as further defined in the appended claims.

The present invention is an exercise device for exercising the arms, chest and shoulder muscles. Figure 1 is a perspective view of the present invention in the assembled condition and Figure 2 is an exploded view showing all of the components of the present invention.

The components of the exercise device 300 will be described in detail referring to the exploded view of Figure 2 and described from the bottom of the device going upward. The exercise device 300 is mounted on a base 10 comprised of a flat elongated bar 12 with a pair of oppositely disposed parallel crossbars 14 and 16 at each respective lengthwise end of the flat elongated bar 12. Extending transversely to the flat elongated bar 12 is a center crossbar 18. The center crossbar 18 has a U-shaped bracket 20 mounted on the end of the crossbar remote from the flat elongated bar 12, with a pair of oppositely disposed parallel openings 22 and 24 in the U-shaped bracket 20. Crossbar 14 has openings which are filled by first plug 244 and second plug 252. Crossbar 16 has two openings which are filled by first plug 248 and second plug 256. Center crossbar 18 has an opening which is filled by plug 246.

Extending transversely to and extending upwardly from the left parallel crossbar 14 is a left elongated U-shaped bracket 26 having a pair of parallel oppositely disposed openings 28 and 30. Extending transversely to and extending upwardly from the right parallel crossbar 16 is a

1 right elongated U-shaped bracket 32 having a pair of parallel oppositely disposed openings 34
2 and 36.

3
4 Positioned transverse to the center of the flat elongated bar 12 is a base connector 38.
5 The base connector has an elongated bar 40 with a proximal hollow cylinder 42 at one end and a
6 distal hollow cylinder 44 at its opposite end. The proximal hollow cylinder 42 has a pair of
7 bushings 46 and 48 at either end. The proximal hollow cylinder 42 and its bushings 46 and 48
8 are inserted into the U-shaped bracket 20 such that the bushings and cylinder are aligned with
9 openings 22 and 24. A hex bolt 50 with a first washer 52, a second washer 56 and nut 56 serve
10 to rotatably secure the proximal cylinder 42 to the U-shaped bracket 20.

11
12 A connector plate is rotatably secured to the distal cylinder 44 in the following manner.
13 The connector plate 58 is comprised of a left elongated plate 60 and a parallel right elongated
14 plate 62. Left elongated plate 60 has a proximal opening 64 adjacent one end and a distal
15 opening 66 adjacent its opposite end. Right elongated plate 62 has a proximal opening 68
16 adjacent one end and a distal opening 70 adjacent its opposite end. Left elongated plate 60 is
17 aligned parallel to right elongated plate 62 such that openings 66 and 70 are parallel and
18 openings 64 and 68 are parallel. Distal hollow cylinder 44 has a pair of bushings 72 and 74
19 which combination is inserted between the distal end of elongated plates 60 and 62 so that the
20 distal hollow cylinder 44 and its bushings 72 and 74 are aligned with openings 66 and 70 and
21 rotatably secured to the connecting plate 58 by hex bolt 76 and its washers 78 and 80 and nut 82.

22
23 On the left side of the exercise apparatus 300 is a left arm 90 which comprises an
24 elongated bar 92 having a transverse opening 94 adjacent its proximal end and a transverse plate
25 96 at its distal end to which is attached a left grip 98 which extends above and parallel to the
26 elongated bar 92 and extends toward the proximal end of the elongated bar 92. A pair of spaced
27 apart and parallel stop members 100 and 102 extend transversely to the elongated bar 92
28 adjacent its distal end. Plug 101 is aligned with stop member 100 and plug 103 is aligned with

1 stop member 102. A hollow cylinder 104 is affixed to the lower surface of the elongated bar 92
2 such that the cylinder 104 and its pair of oppositely disposed bushings of which only one 106 is
3 shown is inserted between the parallel member of left elongated U-shaped bracket 26 and
4 aligned with openings 28 and 30 so that the hollow cylinder 104 and its bushings are rotatably
5 fastened to left elongated U-shaped bracket 26 by hex bolt 108 and its washers 110 and 112 and
6 a nut 114.

7
8 On the right side of the exercise apparatus 300 is a right arm 116 which comprises an
9 elongated bar 118 having a transverse opening 120 adjacent its proximal end and a transverse
10 plate 122 at its distal end and to which is attached a right grip 124 which extends above and
11 parallel to the elongated bar 118 and extends toward the proximal end of the elongated bar 118.
12 A pair of spaced apart and parallel stop members 126 and 128 extend transversely to the
13 elongated bar 118 adjacent its distal end. Plug 127 is aligned with stop member 126 and plug
14 129 is aligned with stop member 128. A hollow cylinder 130 is affixed to the lower surface of
15 the elongated bar 118 such that the cylinder 130 and its pair of oppositely disposed bushings of
16 which only one 132 is shown is inserted between the parallel members of the right elongated U-
17 shaped bracket 32 and aligned with openings 34 and 36 so that the hollow cylinder 130 and its
18 bushings are rotatably fastened to the right elongated U-shaped bracket 32 by hex bolt 134 and
19 its washers 136 and 138 and a nut 140.

20
21 A seat cushion 150 is supported above a seat liner 152 and which seat cushion 150 and its
22 liner 152 are supported on a seat frame 154, all centrally positioned on the exercise device 300.
23 The seat frame 154 has a lower surface 156 to which is affixed a bracket 158 having a pair of
24 spaced apart parallel walls 160 and 162. Parallel wall 160 has a first opening 164 adjacent one
25 end and a second opening (not shown) adjacent its opposite end. Similarly, parallel wall 162 has
26 a first opening 166 adjacent one end and a second opening (not shown) adjacent its opposite end.
27 Openings 164 and 166 are aligned and the oppositely disposed openings adjacent the other end
28 of the walls are also aligned.

1 The seat frame 154 is supported by a pair of oppositely disposed right and left V-frame
2 members. The left V-frame member 168 is composed of an upper section and a lower section.
3 The upper section 170 terminates at its distal end in a hollow cylinder 172 having a pair of
4 oppositely disposed bushings 174 and 176 at either end. The hollow cylinder 172 and its
5 bushings 174 and 176 are inserted between parallel walls 160 and 162 so that they are aligned
6 with openings 164 and 166 and attached thereto by hex bolt 178 and its washers 180 and 182 and
7 nut 184. The left-frame member 168 is also composed of a lower section 186 connected to the
8 upper section 170 at their respective proximal ends. The lower section 186 also terminates at its
9 distal end in a hollow cylinder 188 having a pair of oppositely disposed bushings 190 and 192 at
10 either end. The lower section 186 is connected to the left arm 90 by having the hollow cylinder
11 188 and its bushings 190 and 192 aligned with transverse opening 94 in left arm 90 so that a hex
12 bolt 194 and its washers 196 and 198 and a nut 200 connect the hollow cylinder 188 and its
13 bushings 190 and 192 to the left arm 90.

14
15 Similarly, right V-frame member 202 is composed of an upper section and a lower
16 section. The upper section 204 terminates at its distal end in a hollow cylinder 206 having a pair
17 of oppositely disposed bushings 208 and 210 at either end. The hollow cylinder 206 and its
18 bushings 208 and 210 are inserted between parallel walls 160 and 162 and aligned with openings
19 in the parallel walls adjacent the end opposite openings 164 and 166 and affixed thereto by a hex
20 bolt, washers and a nut. The right V-frame member is also composed of a lower section 212
21 connected to the upper section 204 and their respective proximal ends. The lower section 212
22 also terminates at its distal end in a hollow cylinder 214 having a pair of oppositely disposed
23 bushings 216 and 218 at either end. The lower section 212 is connected to the right arm 116 by
24 having the hollow cylinder 214 and its bushings 216 and 218 aligned with transverse opening
25 120 in right arm 116 so that a hex bolt 220 and its washers 222 and 224 and a nut 226 connect
26 the hollow cylinder 214 and its bushings 216 and 218 to the right arm 116.

27
28 A vertical post 228 is affixed at its distal end to the lower surface 156 of seat frame 154.

1 At its proximal end the post 228 is affixed to a hollow cylinder 230 with bushings 232 and 234
2 aligned at either end of the hollow cylinder 230. The hollow cylinder 230 and its bushings 232
3 and 230 are inserted between the proximal end of elongated plates 60 and 62 of connector plate
4 58 so that the proximal hollow cylinder 230 and its bushings 232 and 234 are aligned with
5 openings 64 and 68 and rotatably secured to the proximal end of the connector plate 58 by hex.
6 bolt 236 and its washers 238 and 240 and nut 242.

7
8 The parts list as set forth in the very detailed description of the present invention is as
9 follows:

10
11 300 exercise device
12 10 base
13 12 flat elongated bar
14 14 left parallel crossbar
15 16 right parallel crossbar
16 18 center cross bar
17 20 U-shaped bracket on center crossbar
18 22 left opening - U shaped neck
19 24 sight opening U-shaped neck
20 26 left elongated U-shaped bracket
21 28 opening in left elongated U-shaped bracket
22 30 opening in left elongated U-shaped bracket
23 32 right elongated U-shaped bracket
24 34 opening in right elongated U-shaped bracket
25 36 opening in right elongated U-shaped bracket
26 38 base connector
27 40 bar on base connector
28 42 proximal hollow cylinder on connector

1	44	distal hollow cylinder on base connector
2	46	bushing distal cylinder
3	48	bushing distal cylinder
4	50	hex bolt
5	52	first washer
6	54	second washer
7	56	nut
8	58	connector plate
9	60	left elongated plate
10	62	right elongated plate
11	65	proximal opening
12	66	distal opening
13	68	proximal opening
14	70	distal opening
15	72	bushing distal hollow cylinder
16	74	bushing distal hollow cylinder
17	76	hex bolt
18	78	washer
19	80	washer
20	82	nut
21	90	left arm
22	92	elongated bar
23	94	transverse opening
24	96	transverse plate
25	98	left grip
26	100	left stop member plate 101
27	102	left stop member plate 103
28	104	hollow cylinder

1	106	bushing
2	108	hex bolt
3	110	washer
4	112	washer
5	114	nut
6	116	right arm
7	118	elongated bar
8	120	transverse opening
9	122	transverse plate
10	124	right grip
11	126	right stop member - plate 127
12	128	right stop member - plate 129
13	130	hollow cylinder
14	132	bushing
15	134	hex bolt
16	136	washer
17	138	washer
18	140	nut
19	150	seat cushion
20	152	seat liner
21	154	seat framer
22	156	lower surface - seat frame
23	158	bracket
24	160	parallel wall
25	162	parallel walls
26	164	first opening
27	166	first opening
28	168	left V-frame member

1	170	upper section
2	172	hollow cylinder
3	174	bushing
4	176	bushing
5	178	hex bolt
6	180	washer
7	182	washer
8	184	nut
9	186	lower section left connection to the upper section of their respective proximal ends
10	188	hollow cylinder
11	190	bushing
12	192	bushing
13	194	hex bolt
14	194	hex bolt
15	196	washer
16	198	washer
17	200	nut
18	202	right V-frame member
19	204	upper section
20	206	hollow cylinder
21	208	bushing
22	210	bushing
23	212	lower section
24	214	lower hollow cylinder
25	216	bushing
26	220	hex bolt
27	222	washer
28	224	washer

- 1 226 nut
- 2 228 vertical post
- 3 230 hollow cylinder
- 4 232 bushing
- 5 234 bushing
- 6 236 hex bolt
- 7 238 washer
- 8 240 washer
- 9 242 nut
- 10 244 first plug on crossbar 14
- 11 252 second plug on crossbar 14
- 12 248 first plug on crossbar 16
- 13 256 second plug on crossbar 16
- 14 246 plug on center crossbar 18

15

16 Although described in great detail, the parts can also be described in broader language.
17 Specifically, the various U-shaped brackets as described above can also be described as
18 connector members. In addition, the elongated bars can also be described as members. This is
19 set forth in the detailed recitation of the claims as set forth in the text reciting the parts in more
20 broad form.

21

22 Referring to Figure 1, described in its broadest terms, the present invention is an exercise
23 apparatus with a base having a center retaining means, a left retaining means and a right
24 retaining means, with a left arm having a grip member and retaining means by which the left arm
25 is rotatably retained by the left retaining means of the base, and a right arm having a grip
26 member and retaining means by which the right arm is rotatably retained by the right retaining
27 means of the base. Further, the complicated apparatus as discussed in Part No. 38 for the base
28 connector and its various components and the connector plate 58 and its various components and

1 the left V-frame member 168 and its various components and the right V-frame member 202 and
2 its various components and the seat assembly 150 and its various components can in general be
3 described as follows. These elements are in fact a seat member rotatably connected to said left
4 arm and said right arm and also rotatably connected to a center connecting means which is also
5 rotatably connected to said center retaining means of said base, and the left arm and the right
6 arm are rotatably connected to said seat member which permits the left arm and the right arm to
7 rotate up and down to simulate a pumping action; whereby the seat member rotates inversely to
8 the arm so that as the arms rotate downwardly, the seat member is caused to rotate upwardly and
9 as the arms are caused to rotate upwardly the seat member is caused to rotate downwardly. This
10 operation is further illustrated in Figures 3 and 4. In Figure 3, the user is performing a
11 downward motion on the exercise apparatus wherein each of the user's hands pushes
12 downwardly on the respective grip of an exercise apparatus so that the arms rotate downwardly
13 and this causes the seat portion to move upwardly and push against the user's chest. Conversely
14 in Figure 4, the user now pulls upwardly on the grip member so that the arms are caused to rotate
15 upwardly and concurrently, the seat member is lowered and moves downwardly.

16 Also further defined in more detail, the present invention is as follows:
17

18 Defined in detail, the present invention is an exercise apparatus comprising: (a) a base
19 including a flat elongated bar, a left crossbar transversely attached to one end of the flat
20 elongated bar and a right crossbar transversely attached to the opposite end of the flat elongated
21 bar, the left and right crossbars being parallel, a center crossbar attached transversely to one
22 vertical side of the flat elongated bar and at its lengthwise center location, and a U-shaped
23 bracket having parallel openings attached to the center crossbar, a left elongated U-shaped
24 bracket affixed to the left crossbar and extending upwardly therefrom and having a pair of
25 oppositely disposed openings and a right elongated U-shaped bracket affixed to the right
26 crossbar and extending upwardly therefrom and having a pair of oppositely disposed openings;
27 (b) a base connector including a flat elongated bar having a first hollow cylinder with a bushing
28 at each end affixed to a proximal end of the flat elongated bar and a second hollow cylinder with

1 a bushing at each end affixed to a distal end of the flat elongated bar, the first hollow cylinder
2 and its bushings rotatably affixed to the U-shaped bracket attached to the center crossbar of the
3 base; (c) a connector plate having a left elongated plate and a right elongated plate, the plates
4 being spaced apart and parallel to each other and having oppositely disposed parallel openings
5 adjacent a proximal end of each plate and oppositely disposed parallel openings adjacent a distal
6 end of each plate, the distal end of the left elongated plate and right elongated plate rotatably
7 connected to the second hollow cylinder and its bushings of the base connector; (d) a left arm
8 including an elongated bar having a transverse opening adjacent a proximal end and a transverse
9 plate affixed at its opposite distal end with a left grip attached to the transverse plate and
10 extending above and parallel to the elongated bar and extending toward the proximal end of the
11 elongated bar, a pair of spaced apart parallel stop members extending transversely to the
12 elongated bar adjacent its distal end, a hollow cylinder with bushings at either end affixed to a
13 lower surface of the elongated bar, the hollow cylinder and bushings rotatably affixed to the left
14 elongated U-shaped bracket on the base; (e) a right arm including an elongated bar having a
15 transverse opening adjacent a proximal end and a transverse plate affixed at its opposite distal
16 end with a right grip attached to the transverse plate and extending above and parallel to the
17 elongated bar and extending toward the proximal end of the elongated bar, a pair of spaced apart
18 parallel stop members extending transversely to the elongated bar adjacent its distal end, a
19 hollow cylinder with bushings at either end affixed to a lower surface of the elongated bar, the
20 hollow cylinder and bushings rotatably affixed to the right elongated U-shaped bracket on the
21 base; (f) a seat cushion supported above a seat liner, which cushion and liner are supported on a
22 seat frame having a lower surface to which is affixed a bracket having a pair of spaced apart
23 parallel walls with each wall having an opening adjacent each end, the openings adjacent each
24 respective end being aligned; (g) a left V-frame member having an upper section and a lower
25 section attached to each other at their respective proximal ends, the upper section terminating at
26 a distal end in a hollow cylinder having a pair of oppositely disposed bushings at either end, the
27 hollow cylinder and its bushings inserted between a left end of the parallel walls of the bracket
28 on the seat frame and rotatably attached thereto, the lower section also terminating at a distal end

1 in a hollow cylinder having a pair of oppositely disposed bushings at either end, the hollow
2 cylinder and its bushings rotatably connected to the left elongated bar of the left arm at the
3 opening adjacent its proximal end; (h) a right V-frame member having an upper section and a
4 lower section attached to each other at their respective proximal ends, the upper section
5 terminating at a distal end in a hollow cylinder having a pair of oppositely disposed bushings at
6 either end, the hollow cylinder and its bushings inserted between a right end of the parallel walls
7 of the bracket on the seat frame and rotatably attached thereto, the lower section also terminating
8 at a distal end in a hollow cylinder having a pair of oppositely disposed bushings at either end,
9 the hollow cylinder and its bushings rotatably connected to the right elongated bar of the right
10 arm at the opening adjacent its proximal end; and (i) a vertical post affixed at its distal end to the
11 lower surface of the seat frame, the vertical post terminating in a hollow cylinder at its proximal
12 end, the hollow cylinder having bushings at either end, the hollow cylinder and its bushings
13 inserted between the elongated plates of the connector plate at their proximal ends and rotatably
14 attached thereto.

15
16 Defined more broadly, the present invention is an exercise apparatus comprising: (a) a
17 base including a flat elongated bar, a left crossbar transversely attached to one end of the flat
18 elongated bar and a right crossbar transversely attached to the opposite end of the flat elongated
19 bar, the left and right crossbars being parallel, a center crossbar attached transversely to one
20 vertical side of the flat elongated bar and at its lengthwise center location, a first base retaining
21 means attached to the center crossbar, a left base retaining means affixed to the left crossbar and
22 extending upwardly therefrom and a right base retaining means affixed to the right crossbar and
23 extending upwardly therefrom; (b) a base connector including a flat elongated bar having a first
24 connecting means affixed to a proximal end of the flat elongated bar and a second connecting
25 means affixed to a distal end of the flat elongated bar, the first connecting means rotatably
26 affixed to the first base retaining means; (c) a connector plate having a left elongated plate and a
27 right elongated plate, the plates being spaced apart and parallel to each other and having
28 retaining means adjacent a proximal end of each plate and retaining means adjacent a distal end

1 of each plate, the distal end of the left elongated plate and right elongated plate rotatably
2 connected through the retaining means to the second connecting means of the base connector;
3 (d) a left arm including an elongated bar having a left connecting means adjacent a proximal end
4 and a transverse plate affixed at its opposite distal end with a left grip attached to the transverse
5 plate and extending above and parallel to the elongated bar and extending toward the proximal
6 end of the elongated bar, at least one stop member extending transversely to the elongated bar
7 adjacent its distal end, a left connecting means affixed to a lower surface of the elongated bar,
8 the left connecting means rotatably affixed to the left base retaining means; (d) a right arm
9 including an elongated bar having a right connecting means adjacent a proximal end and a
10 transverse plate affixed at its opposite distal end with a right grip attached to the transverse plate
11 and extending above and parallel to the elongated bar and extending toward the proximal end of
12 the elongated bar, at least one stop member extending transversely to the elongated bar adjacent
13 its distal end, a right connecting means affixed to a lower surface of the elongated bar, the right
14 connecting means rotatably affixed to the right base retaining means; (f) a seat cushion
15 supported above a seat liner, which cushion and liner are supported on a seat frame having a
16 lower surface to which is affixed a bracket having a pair of spaced apart parallel walls with each
17 wall having a connecting means adjacent each end; (g) a left support member having an upper
18 section and a lower section attached to each other at their respective proximal ends, the upper
19 section terminating at a distal end in an upper connecting means, the upper connecting means
20 inserted between a left end of the parallel walls of the bracket on the seat frame and rotatably
21 attached thereto through the bracket connecting means, the lower section also terminating at a
22 distal end in a lower connecting means, the lower connecting means rotatably connected to the
23 left elongated bar of the left arm through its left connecting means; (h) a right support member
24 having an upper section and a lower section attached to each other at their respective proximal
25 ends, the upper section terminating at a distal end in an upper connecting means, the upper
26 connecting means inserted between a right end of the parallel walls of the bracket on the seat
27 frame and rotatably attached thereto through the bracket connecting means, the lower section
28 also terminating at a distal end in a lower connecting means, the lower connecting means

1 rotatably connected to the right elongated bar of the right arm through its right connecting
2 means; and (i) a vertical post affixed at its distal end to the lower surface of the seat frame, the
3 vertical post terminating in a post connecting means, the post connecting means rotatably
4 connected to the elongated plates of the connector plate at their proximal ends.

5
6 Defined more broadly, the present invention is a An exercise apparatus comprising: (a) a
7 base including a center member, a left crossbar transversely attached to one end of the center
8 member and a right crossbar transversely attached to the opposite end of the center member, a
9 center crossbar attached transversely to one vertical side of the center member at its lengthwise
10 center location, a first base retaining means attached to the center crossbar, a left base retaining
11 means affixed to the left crossbar and extending upwardly therefrom and a right base retaining
12 means affixed to the right crossbar and extending upwardly therefrom; (b) a base connector
13 including an elongated member having a first connecting means affixed to a proximal end of the
14 elongated member and a second connecting means affixed to a distal end of the elongated
15 member, the first connecting means rotatably affixed to the first base retaining means; (c) a
16 connector plate having a first retaining means adjacent its proximal end and second retaining
17 means adjacent its distal end, the distal end of the connector plate rotatably connected through
18 the retaining means to the second connecting means of the base connector; (d) a left arm
19 including an elongated member having a left connecting means adjacent a proximal end and a
20 grip attachment means affixed at its opposite distal end with a left grip attached to the grip
21 attachment means and extending above and parallel to the elongated member and extending
22 toward the proximal end of the elongated member, a left connecting means affixed to a lower
23 surface of the elongated member, the left connecting means rotatably affixed to the left base
24 retaining means; (e) a right arm including an elongated member having a right connecting means
25 adjacent a proximal end and a grip attachment means affixed at its opposite distal end with a
26 right grip attached to the grip attachment means and extending above and parallel to the
27 elongated member and extending toward the proximal end of the elongated member, a right
28 connecting means affixed to a lower surface of the elongated member, the right connecting

1 means rotatably affixed to the right base retaining means; (f) a seat cushion supported on a seat
2 frame having a lower surface to which is affixed an elongated connecting means having a left
3 end and a right end; (g) a left support member having a top end and a bottom end, the top end
4 terminating in an upper connecting means which is rotatably connected adjacent to the left end
5 of the seat frame connecting means, the bottom end terminating in lower connecting means
6 which is rotatably connected to left elongated member at its left connecting means; (h) a right
7 support member having a top end and a bottom end, the top end terminating in an upper
8 connecting means which is rotatably connected adjacent to the right end of the seat frame
9 connecting means, the bottom terminating in a lower connecting means which is rotatably
10 connected to the right elongated member at its right connecting means; and (i) a vertical member
11 affixed at its distal end to the lower surface of the seat frame, the vertical member terminating in
12 a connecting means, the connecting means rotatably connected to the connector plate at its
13 proximal ends.

15 Defined even more broadly, the present invention is a An exercise apparatus comprising:

16 (a) a base having support means including a centrally disposed first base retaining means, an
17 upwardly extending left base retaining means and an upwardly extending right base retaining
18 means; (b) a base connector having first connecting means at one end and second connecting
19 means at its opposite end, the first connecting means rotatably affixed to the first base retaining
20 means; (c) a connector plate having first retaining means adjacent one end and second retaining
21 means adjacent its opposite end, the second retaining means rotatably connected to the second
22 connecting means of the base connector; (d) a left arm having a grip means affixed adjacent its
23 distal end and a left connector means by which the left arm is rotatably attached to the upwardly
24 extending left base retaining means; (d) a right arm having a grip means affixed adjacent its
25 distal end and a right connector means by which the right arm is rotatably attached to the
26 upwardly extending right base retaining means; (f) a seat cushion supported on a seat frame
27 having a lower surface to which is affixed an elongated connecting means having a left end and a
28 right end; (g) a left support member having a top end and a bottom end, the top end terminating

1 in an upper connecting means which is rotatably connected adjacent to the left end of the seat
2 frame connecting means, the bottom end terminating in a lower connecting means which is
3 rotatably connected to the left elongated arm at a left connecting means adjacent its proximal
4 end; (h) a right support member having a top end and a bottom end, the top end terminating in an
5 upper connecting means which is rotatably connected adjacent to the right end of the seat frame
6 connecting means, the bottom end terminating in a lower connecting means which is rotatably
7 connected to the right elongated arm at a right connecting means adjacent its proximal end; and
8 (i) a vertical member affixed at its distal end to the lower surface of the seat frame, the vertical
9 member terminating in a connecting means at its proximal end, the connecting means rotatably
10 connected to the connector plate at its first retaining means.

11
12 Defined even more broadly, the present invention is an exercise apparatus comprising:
13 (a) a base having a center retaining means, a left retaining means, and a right retaining means;
14 (b) a left arm having a grip member and retaining means by which the left arm is rotatably
15 retained by the left retaining means of the base; (c) a right arm having a grip member and
16 retaining means by which the right arm is rotatably retained by the right retaining means of the
17 base; (d) a seat member rotatably connected to the left arm and the right arm and also rotatably
18 connected to a center connecting means which is also rotatably connected to the center retaining
19 means of the base; and (e) the left arm and the right arm are rotatably connected to the seat
20 member which permits the left arm and the right arm to rotate up and down to simulate a
21 pumping action; (f) whereby the seat member rotates inversely to the arms so that as the arms
22 rotate downwardly, the seat member is caused to rotate upwardly and as the arms are caused to
23 rotate upwardly, the seat member is caused to rotate downwardly.

24
25 Of course the present invention is not intended to be restricted to any particular form or
26 arrangement, or any specific embodiment, or any specific use, disclosed herein, since the same
27 may be modified in various particulars or relations without departing from the spirit or scope of
28 the claimed invention hereinabove shown and described of which the apparatus or method

1 shown is intended only for illustration and disclosure of an operative embodiment and not to
2 show all of the various forms or modifications in which this invention might be embodied or
3 operated.

4
5 The present invention has been described in considerable detail in order to comply with
6 the patent laws by providing full public disclosure of at least one of its forms. However, such
7 detailed description is not intended in any way to limit the broad features or principles of the
8 present invention, or the scope of the patent to be granted. Therefore, the invention is to be
9 limited only by the scope of the appended claims.

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11 **WHAT IS CLAIMED IS:**
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